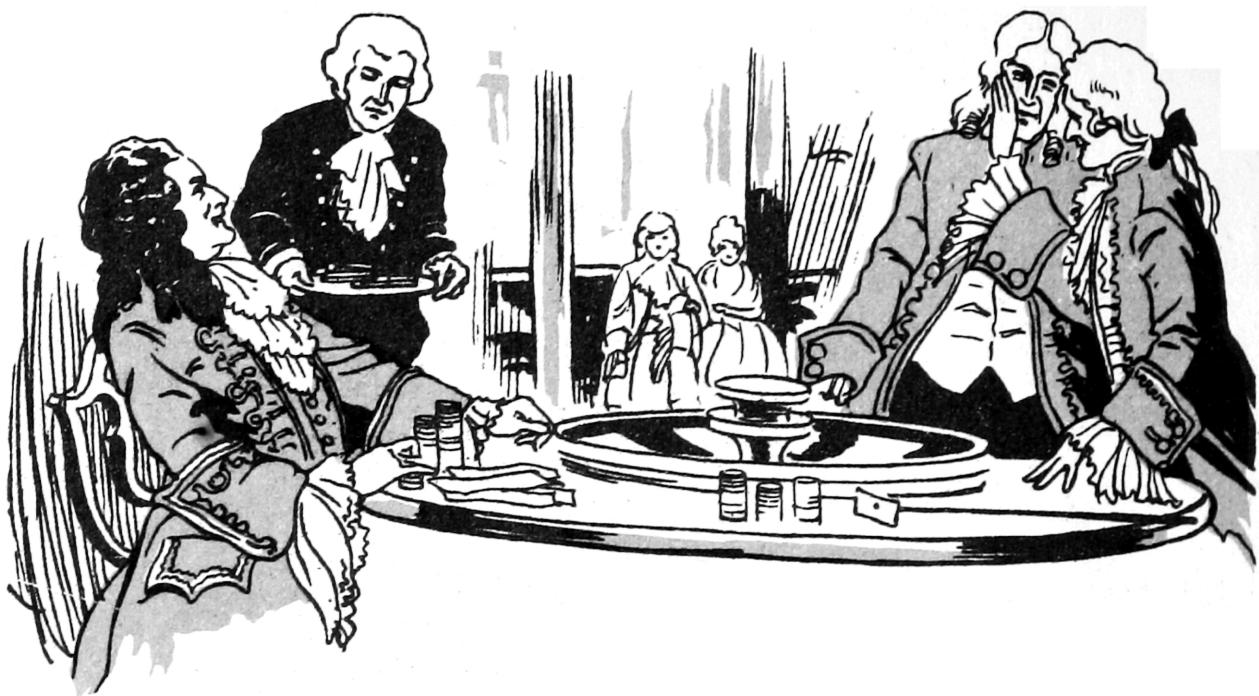




A collection of  
Famous ~ and  
Fashionable  
Sandwiches

The Art  
of  
Sandwich  
Making



## HOW IT ALL STARTED

THE sandwich is such a familiar form of refreshment now-a-days that it is hard to imagine a time when there were none. Yet the first sandwich was made only 168 years ago. Like many other great discoveries, it was the result of a moment's inspiration.

One evening in the year 1758, the Earl of Sandwich was in the midst of a most exciting play at the gaming tables when dinner was announced. Unable to tear himself away from the game and yet unwilling to do without dinner entirely, the Earl was for a moment nonplussed. Apparently a man of resource, however, he soon found a way out. Calling the butler who had announced dinner, he ordered a slice of meat to be laid between two slices of bread and brought to him as he sat at play.

This form of serving food was immediately named "sandwich" after its noble discoverer, and is so called to this day.

## AND TO-DAY

FROM that somewhat crude ancestor of 1758 are descended the innumerable varieties of sandwich we know to-day. Varieties that range in appearance from the laborer's lump of cheese between two hunks of bread, to the dainty morsel served with afternoon tea.

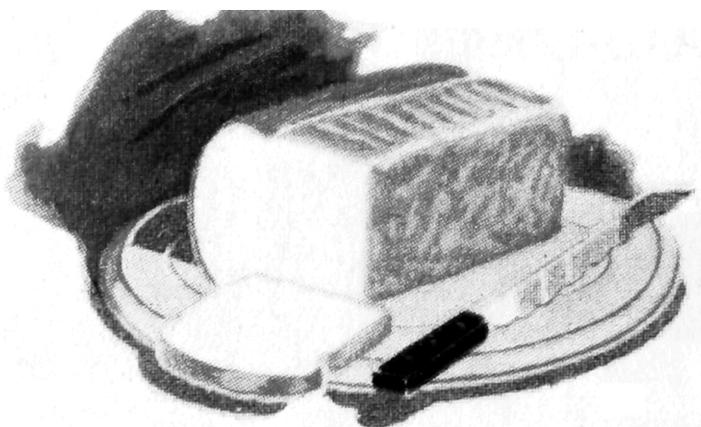
And the number of occasions when sandwiches are a delightfully correct and easily prepared refreshment is now legion.

With the handed cup of tea or coffee, whether it be in the afternoon or a light lunch last thing at night, sandwiches are always acceptable.

For the unexpected caller in the afternoon or evening, dainty and appetizing sandwiches can usually be made with whatever happens to be in the refrigerator at the time. Then there are sandwiches for the long hike or toboggan party; picnic sandwiches; the office lunch and many others.

Sandwiches that are not to be served at once should be wrapped in a damp cloth or oil paper to keep them fresh and moist.





## SOME HINTS BEFORE YOU BEGIN

In sandwich making, one of the most important items is the bread. Sandwiches made of new bread are considered superior; it is best, however, to use finely grained bread about one day old. Remove all crusts from the loaf before cutting the slices; this prevents waste of butter and keeps the sandwiches in good shape. The crusts can be dried and used for bread crumbing.

Now cream the butter by working it up with a spoon until it is soft, spread on the bread and put the slices together in pairs.

Next spread the filling, seasoned and flavored according to needs, on one slice of bread, press the second slice over the filling and cut into shape and size for serving.

Lettuce when used, should be used sparingly as otherwise it makes a clumsy, awkward-looking sandwich.

To have sandwiches moist without being smeary, mayonnaise dressing should be thick, then a sufficient quantity of it can be used to make the filling moist without running over.





## THIN BREAD AND BUTTER

Bread-and-butter sandwiches are called in England by this name. They consist merely of bread sliced very thin, spread with creamed butter and pressed together in pairs. With Canada Bread they are delicious.

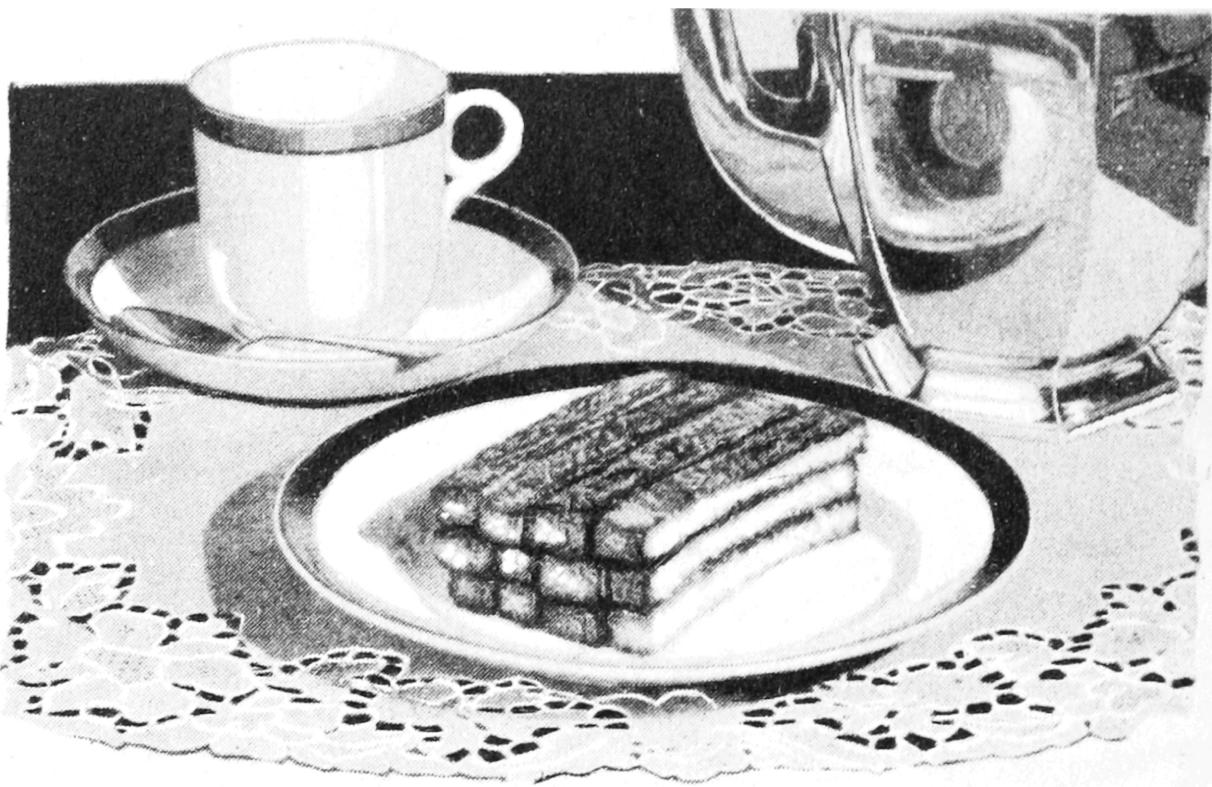
## CHEESE, OLIVE AND GREEN PEPPER SANDWICHES

1 cupful grated Cheese	$\frac{1}{4}$ cupful chopped Stuffed Olives
$\frac{1}{4}$ cupful minced Green Peppers	2 tablespoonfuls Mayonnaise
White Bread	Butter

Mix together the cheese, finely chopped olives, minced green peppers, and mayonnaise. Butter slices of Canada Bread, spread half of them with the filling and cover with the other slice of bread.

## CREAMED HAM OR CHICKEN SANDWICHES

Prepare creamed chicken or ham, taking care that the mixture is not over moist, and serve between slices of buttered toast made of Canada Bread.



## SOUP STICKS

Cut stale Canada Bread into  $1/3$ " slices, remove crusts, spread thinly with butter. Cut into strips  $1/3$ " wide and  $2\frac{1}{2}$  to  $3$ " long. Brown in hot oven.

## CREAMED TOMATOES ON TOAST

Tomatoes  
Flour  
Butter

Salt  
Pepper  
Toast

To each cupful of canned tomatoes, add 1 teaspoon each of flour and butter creamed together; season with salt and pepper. Cook until it thickens. Pour over toast made of Canada Bread and serve at once. Garnish with lettuce.

## CHEESE DREAMS

Cream Cheese

Butter

White Bread

Cut thin slices of stale Canada Bread. Spread with softened butter. Spread with cream cheese. Cover with thin slices of buttered bread. Toast, cut in fingers or triangles. Serve covered.

## PEANUT BUTTER SANDWICHES

Combine two parts peanut butter with one part plain butter, cream together, and use with or without the addition of a tablespoonful of minced stuffed olives, chopped chutney, raisins or celery. Spread between slices of Canada Bread.

## APPLE, NUT, AND MAYONNAISE SANDWICHES

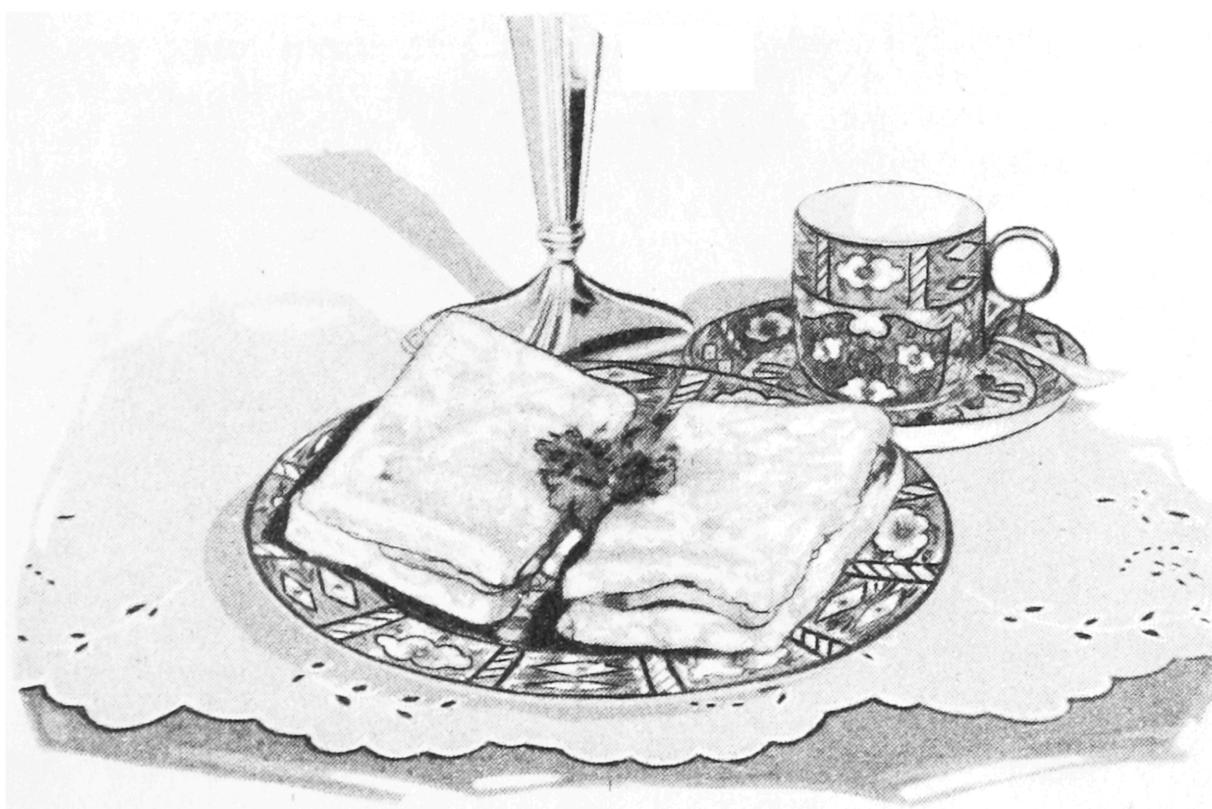
Chop raw tart apple very fine, add half its bulk of finely minced nut meats—any kind—together with mayonnaise to make a paste, and spread between buttered slices of white Canada Bread.

## BACON AND CHEESE SANDWICHES

Bacon  
Bread

Butter  
Grated Cheese

Butter the desired slices of Canada Bread and spread liberally with grated cheese. Add a layer of very thin crisp bacon, top with a second slice of buttered bread, press and cut. These sandwiches are delicious toasted.



## BROWN BREAD SANDWICHES

**½ cupful Cream Cheese  
½ cupful Chopped Pecan Meats  
Butter  
½ cupful crushed, canned or fresh Pineapple  
Whole Wheat Bread**

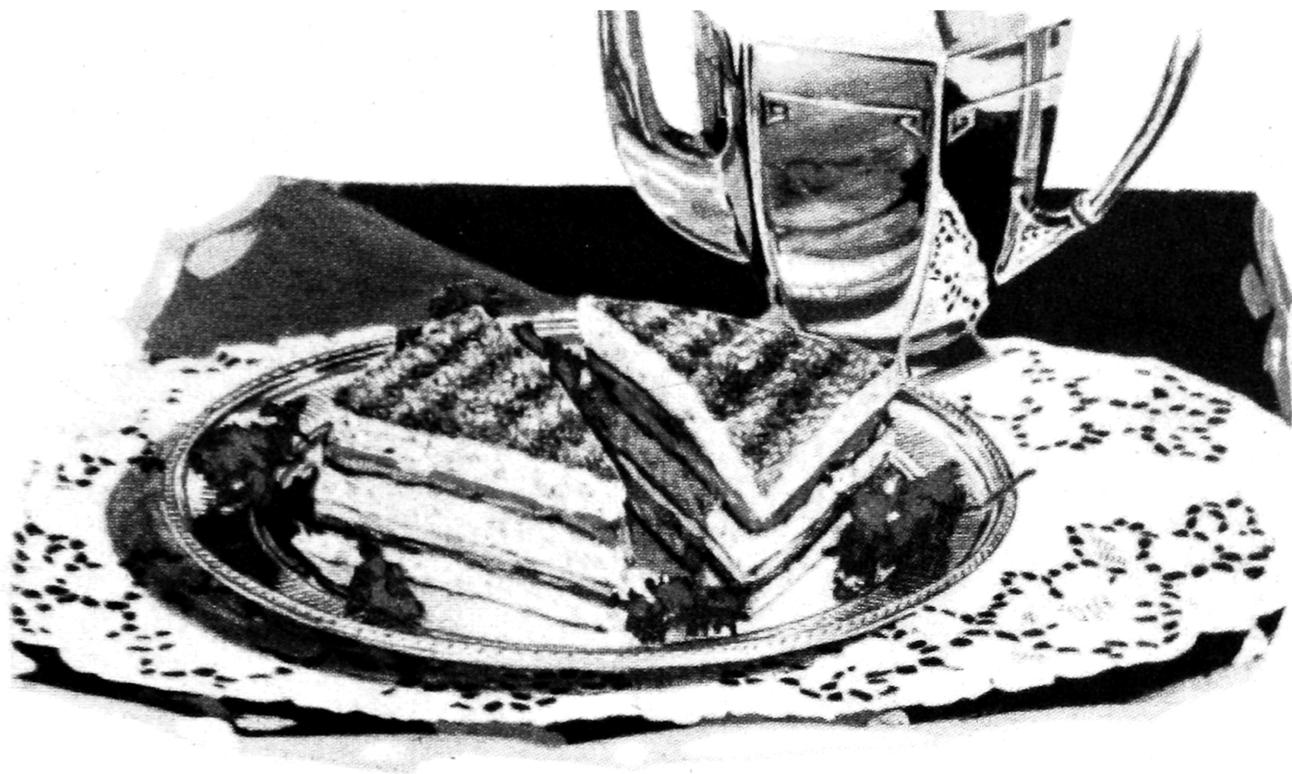
Work the cream cheese with a fork until it is soft. Then add the chopped pecan meats and shredded pineapple. Mix thoroughly. Meanwhile cut thin slices of whole wheat Canada Bread and butter half the slices. Spread the remaining slices with the cream cheese mixture and form sandwiches.

## CHEESE AND PIMENTO SANDWICHES

<b>¼ cupful Walnuts Salad Dressing White Bread</b>	<b>Cream Cheese Pimiento Butter</b>
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Chop finely a red pimiento and  $\frac{1}{4}$  cupful walnut meats. Mix cream cheese with salad dressing, add chopped walnuts and pimiento and spread between buttered slices of Canada Bread.





## CLUB SANDWICHES

Lettuce  
Bacon  
Toast

Mayonnaise

Chicken  
Tomatoes  
Butter

Butter toast made of Canada Bread, allowing three slices for each person. On the first slice of toast place a lettuce leaf, and a layer of sliced chicken. Spread a slice of toast with mayonnaise, place over the chicken with the mayonnaise side down. On this slice of toast place sliced tomato and crisp slices of bacon. Spread the remaining slice of toast with mayonnaise and turn over the tomato and bacon. Cut the sandwich in triangles. They may be garnished with parsley or stuffed or ripe olives. Another combination is sliced or minced hard-cooked egg, a thin slice of ham, lettuce and shredded green peppers. A thin slice of cold roast pork may be substituted for the chicken. Minced celery may be one of the ingredients and combines deliciously with almost everything.

## CROUTONS

Cut slices of stale Canada Bread 1/3" thick; cut in cubes. Place in baking pan and brown in hot oven.



## OPEN SANDWICHES

Cream Cheese Salad Dressing	Butter	White or Whole Wheat Bread Chopped Nuts
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Cut whole wheat or white Canada Bread  $\frac{1}{4}$ " thick. Remove crust and cut in fancy shapes. Spread with cream cheese, mixed to a paste with cream or salad dressing; a fish paste may be used. Dip in finely chopped nuts, garnish with cress or parsley and pimiento, olives or radish slices.

## ROLLED CELERY SANDWICHES

White bread Celery	Butter Thousand Island Dressing
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Cut one-fourth inch slices from a rather fresh, moist loaf of white Canada Bread. Remove the crusts and spread the bread slices with softened butter. Meanwhile, cut stalks of cleaned celery into lengths equal to the width of the bread slices. Fill these stalks with the Thousand Island Dressing. Place a stalk on the edge of each slice of bread and roll into the bread like a jelly roll. Roll all the sandwiches in a damp napkin and place in the refrigerator for a few hours. The rolls should keep their shape.

## DOMINO SANDWICHES

**Whole Wheat Bread**

**Butter**

**2 tablespoonfuls Chopped Dill**

**Pickles**

**White Bread**

**1 cupful Chopped Tongue**

**3 tablespoonfuls Mayonnaise**

**Swiss Cheese**

Cut whole wheat and white Canada Bread in one-eighth inch slices and spread with softened butter. Season the chopped tongue with the dill pickles and mayonnaise. Spread this mixture on slices of white Canada Bread. Over this put whole wheat Canada Bread slices and over the whole wheat bread thinly sliced Swiss cheese. Repeat, having four layers. Trim off the crusts evenly, put under a weight and let stand several hours in a cool place. Cut cross-wise in thin slices and serve.

## ORIENTAL SANDWICHES

**1 Cream Cheese**

**$\frac{1}{8}$  teaspoonful Salt**

**Bread**

**12 Dates**

**Chopped Peanuts**

**Butter**

Cream the cheese and add the dates stoned and chopped and the salt. Spread on slices of buttered Canada Bread, sprinkle with chopped peanuts and cover with buttered bread.





## DATE AND NUT SANDWICHES

**Dates**

**Walnuts**

**Salad Dressing**

**White Bread**

**Butter**

Remove the stones from dates and put through food chopper with an equal quantity of walnuts. Moisten well with Salad Dressing and spread between buttered slices of Canada Bread.

## SAVORY FISH SANDWICHES

**1½ cupfuls left-over cooked Fish**

**½ teaspoonful minced Parsley**

**2 tablespoonfuls chopped Mustard Pickles**

**Triangular slices of Buttered Toast**

**Slices of cut Lemon, stuffed Olives, and Celery Tips or  
Parsley for garnishing**

If the fish used is left over it will probably have enough sauce with it to moisten; otherwise add sufficient canned tomato, chili sauce, or white sauce. Flake the fish, heat it in the sauce, add the pickles and chopped parsley, with salt and pepper if needed. Pile on slices of toast made of Canada Bread, cover with more toast, and garnish with stuffed olives, slices of lemon and celery tips or parsley.



## FAVORITE SANDWICHES

**1 tablespoonful Chopped Pimiento  
½ cupful Chopped Celery  
½ cupful Minced Tuna Fish  
¼ teaspoonful Salt**

**¼ cupful Mayonnaise  
1 tablespoonful Chopped  
Sweet Green Pepper  
Bread**

To the minced Tuna fish add the celery and peppers; mix together well, moisten with mayonnaise and season with salt. Use as a filling for white Canada Bread sandwiches, making them thin and dainty.

## TUNA SANDWICHES

**Tuna Fish  
Salad Dressing**

**Chopped Pickle or Relish**

**White Bread  
Butter**

Flake Tuna fish very small. Drain off all liquid from chopped pickle or relish. Mix Tuna and relish and moisten well with Salad Dressing. Allow 1 cup Tuna to  $\frac{1}{2}$  cup relish. Spread between buttered slices of Canada Bread.

## QUEEN'S PUDDING

Make plain Bread Pudding; when cooked, spread with jelly or jam. Garnish with meringue; return to slow oven to cook and brown. Serve hot or cold.

## RUSSIAN EGG SANDWICHES

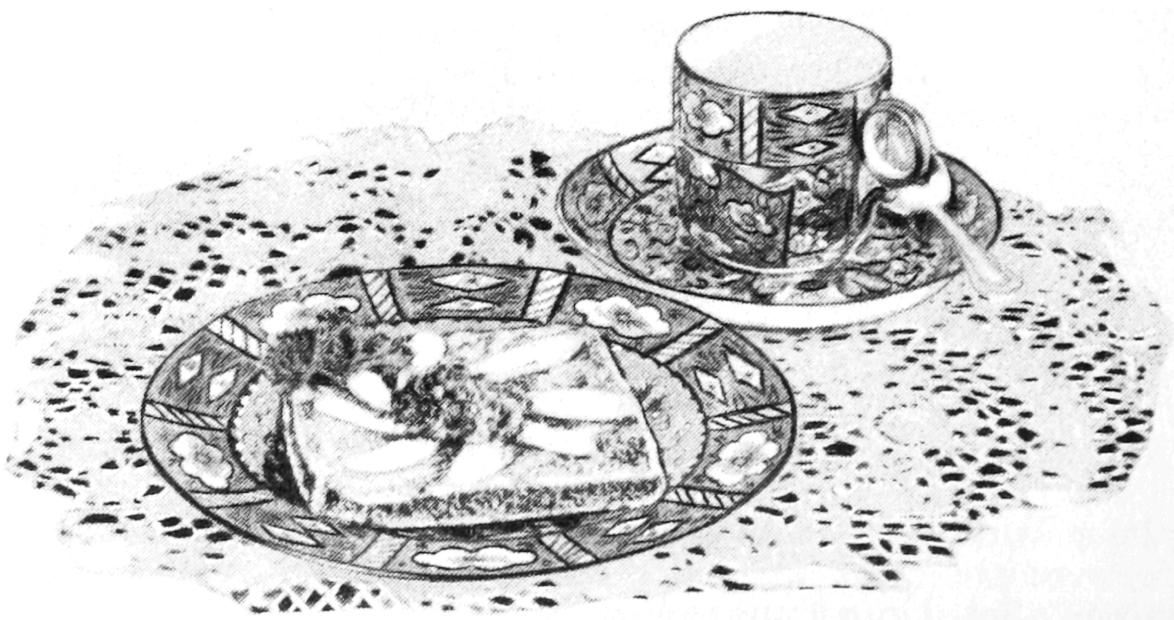
3 Hard-cooked Eggs	$\frac{1}{4}$ cupful stiff Mayonnaise
1 tablespoonful Chili Sauce	White or Whole Wheat Bread
$\frac{1}{4}$ teaspoonful Salt	Butter

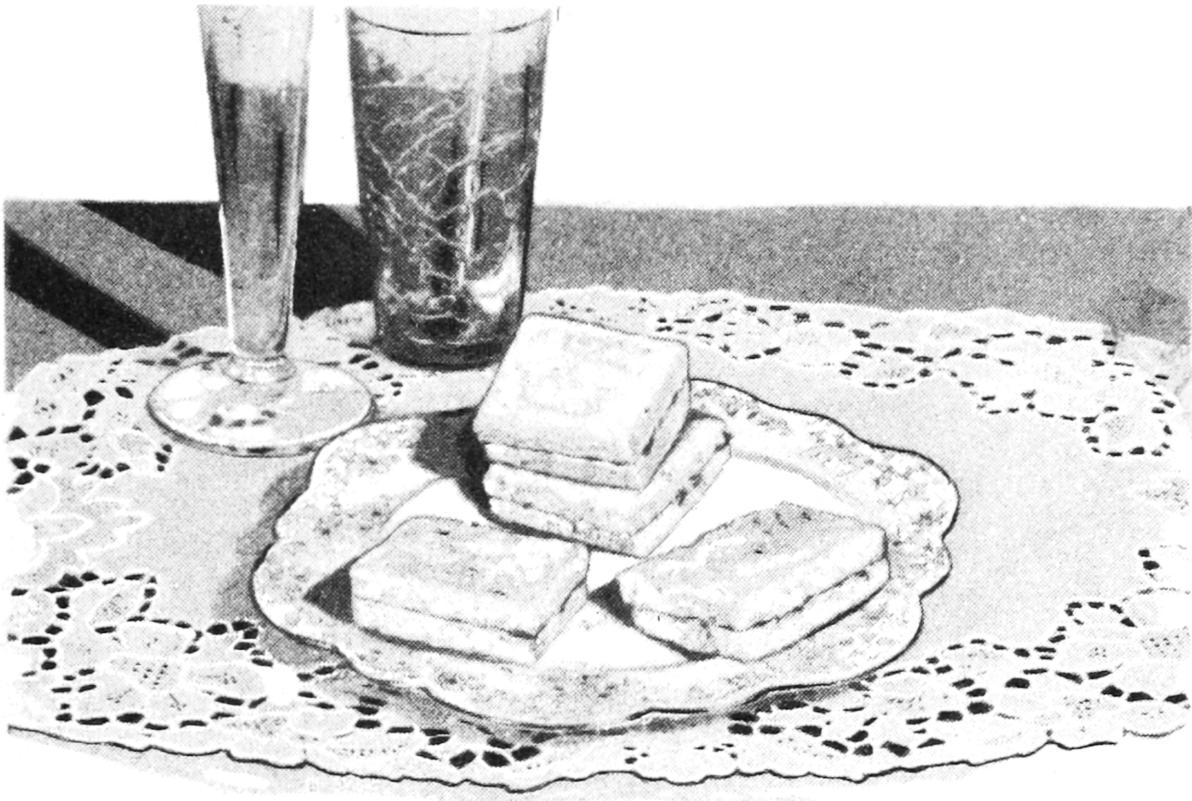
Prepare a Russian dressing by mixing the mayonnaise chili sauce and salt. Chop the eggs and mix with the Russian dressing. Spread on buttered slices of white or whole wheat Canada Bread, cover, press together and cut.

## DAISY SANDWICHES

Hard-cooked Eggs	Whole Wheat Bread
Butter	

On square slices of buttered whole wheat Canada Bread, make a daisy with the devilled yolks of hard-cooked eggs for the round center and radiating from it the petals formed of the hard-cooked whites cut into slim lengthwise strips.





## YUM YUM SANDWICHES

1 Cream Cheese or an equal  
quantity of Cottage Cheese

2 cupfuls Minced Ham  
White Bread

1 small bunch Watercress

Pick the leaves from the watercress and cream them into the cheese together with the ham. Spread between thin slices of unbuttered Canada Bread. A little mayonnaise or French dressing may be added to this sandwich filling if desired.

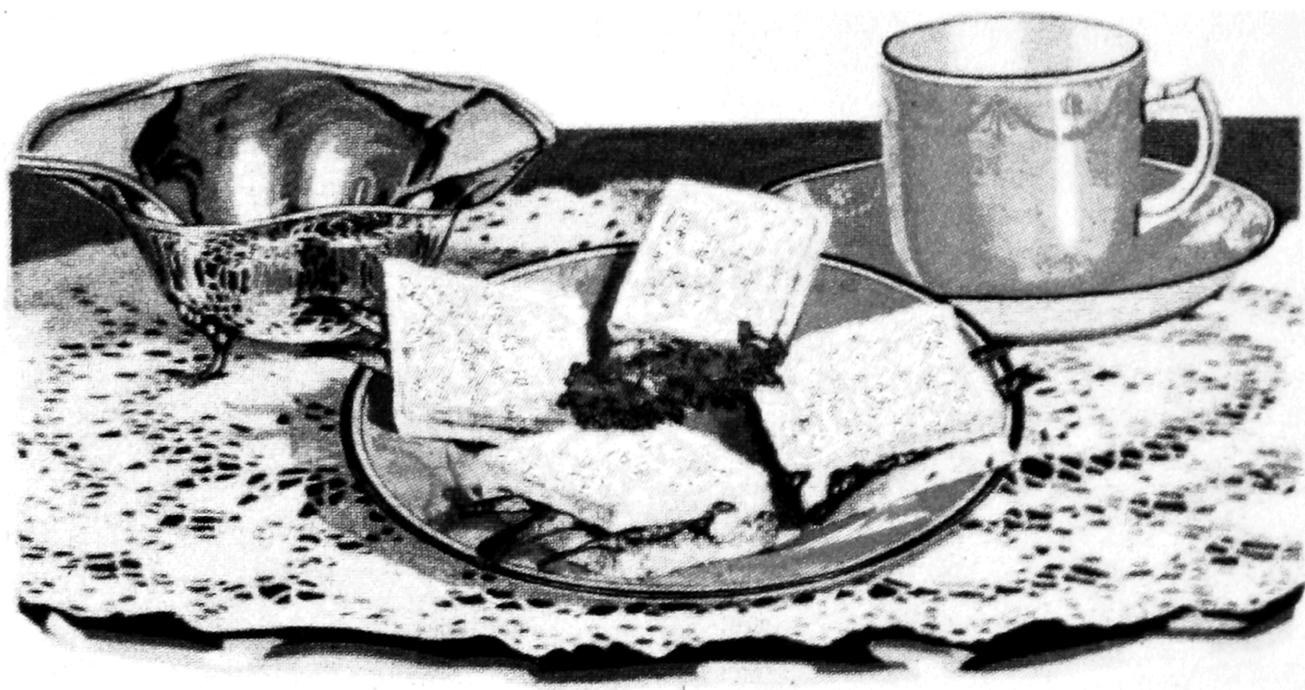
## CUCUMBER SANDWICHES

Cucumbers  
White Bread

Salad Dressing  
Butter

Slice cucumbers paper thin, crisp in iced water, then wring them until dry in a cloth. Place slices on slices of buttered Canada Bread. Spread thickly with Salad Dressing and cover with slices of buttered bread.

These sandwiches should be served immediately while cucumbers are crisp and fresh.



## SARDINE SANDWICHES

**Sardines**

**Hard-cooked Egg**

**Salad Dressing**

**White Bread**

**Butter**

Remove bones and skin from sardines and mash to a paste. Add finely chopped hard-cooked egg, allowing 1 egg to each can of sardines. Mix thoroughly with salad dressing and spread between buttered slices of Canada Bread.

## CREAM TOAST

**6 slices Toast**

**2 tablespoons Flour**

**½ teaspoon Salt**

**3 tablespoons Butter**

**1½ cups Milk**

**Few grains White Pepper**

Make white sauce of flour, seasonings, butter and milk. Dip slices of toast made of Canada Bread in the sauce. Place on serving dish; strain sauce over. Garnish with parsley.

## GRAPE FRUIT SANDWICHES

Spread whole wheat Canada Bread with grapefruit marmalade, through which is chopped candied ginger and nuts.

## BUTTERED CRUMBS

1 tablespoon Butter  
1 cup Bread Crumbs

$\frac{1}{8}$  teaspoon Salt  
f.g. Pepper

Grate the crumb part of stale Canada Bread. Melt butter (do not let it brown); add crumbs and seasonings; stir with a fork. Use for scalloped dishes.

## SALMON AND EGG SANDWICHES

2 Hard-cooked Eggs  
Salt  
Mayonnaise

Butter

$\frac{1}{2}$  cupful Salmon  
Pepper  
Bread

Chop the hard-cooked eggs, mince the salmon and combine. Season to taste and moisten with mayonnaise, if desired. Spread between slices of buttered Canada Bread.

## ROLLED TOASTED CHEESE SANDWICHES

Cream Cheese

Fresh White Bread  
Butter

Cream butter and cheese together. Spread on slices of fresh white Canada Bread, roll the bread. Toast under flame in broiler. Serve covered.



## PLAIN BREAD PUDDING

2 cups hot Milk	$\frac{1}{4}$ teaspoon Salt
1 cup Bread Crumbs	2 tablespoons Butter
1 egg	$\frac{1}{2}$ teaspoon Vanilla
2 to 4 tablespoons Sugar	

Add crumbs of Canada Bread to milk, let stand till very soft. Beat egg slightly, add sugar, salt and milk mixture; beat until very smooth. Add butter and vanilla. Pour into buttered baking-dish, oven-poach until firm—(large amount about 1 hour).

## OLIVE AND EGG SANDWICHES

1 Hard-cooked Egg	Bread
French or Cooked Salad Dressing	6 large Stuffed Olives
Butter	

Chop together the hard-cooked egg and olives. Moisten with oil or any favorite salad dressing. Spread between slices of buttered Canada Bread.





## ROLLED ASPARAGUS SANDWICHES

Bread

Asparagus Tips

Butter

Mayonnaise

Prepare the Canada Bread as for Rolled Celery Sandwiches. Dip the asparagus tips, either fresh cooked or canned, in mayonnaise and roll up in the bread slices as in Rolled Celery Sandwiches.

## RAISIN-AND-NUT BETTY

4 cupfuls diced toasted buttered Bread

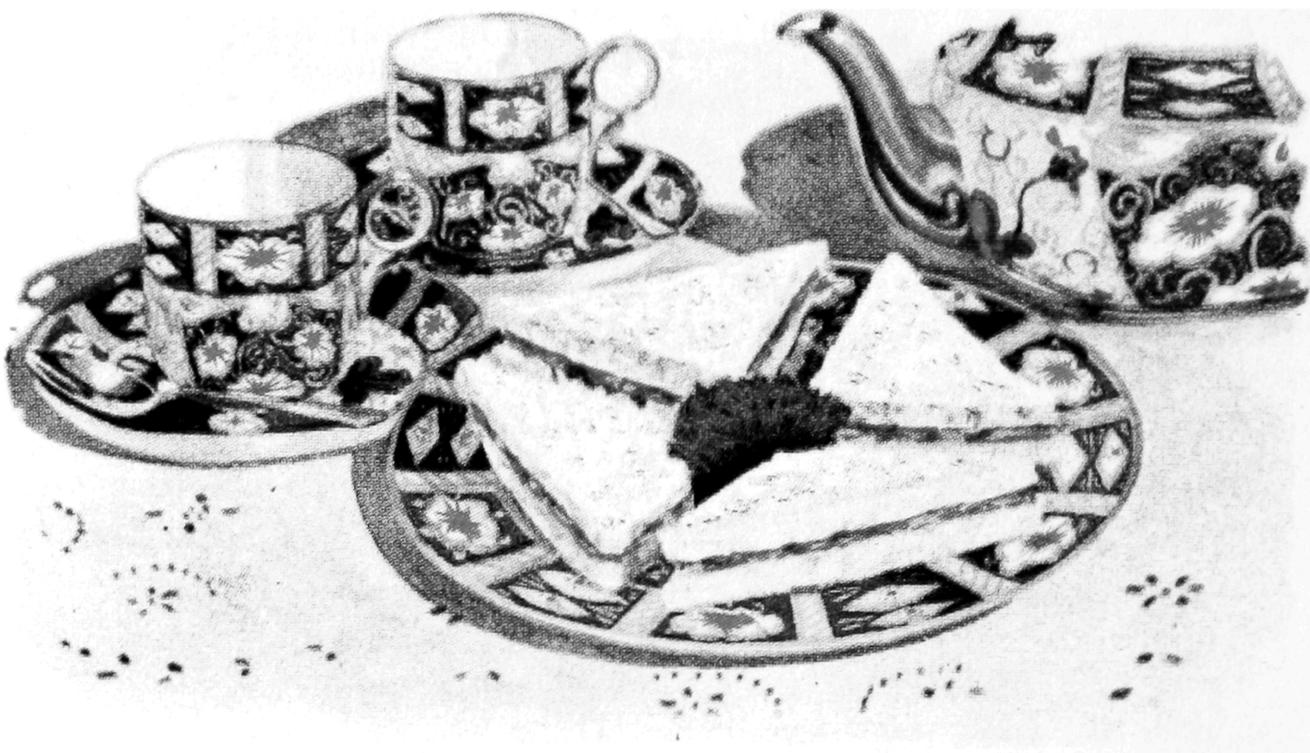
2 cupfuls stewed Raisins

$\frac{1}{2}$  cupful chopped Nut Meats

(any kind except Peanuts)

6 rounds buttered Bread

Combine the diced toast made of Canada Bread, raisins, and nut meats, transfer to good-sized buttered custard cups, cover with rounds of buttered bread, and bake about thirty minutes, or until the bread is browned. Serve in the cups, passing orange marmalade sauce and whipped cream, or invert the puddings, using the sauce and whipped cream as a garnish.



## SALMON SANDWICHES

1 cupful Salmon  
4 tablespoonfuls  
Mayonnaise  
Butter

2 tablespoonfuls Chopped  
Capers, Nasturtium Seeds  
or Piccalilli (finely minced)  
Bread

Mince the salmon, either fresh or canned, and mix with the capers, nasturtium seeds or piccalilli. Moisten with the mayonnaise. Spread on thin buttered Canada Bread, cover and cut in shapes.

## COCOANUT BREAD PUDDING

2 Eggs  
3 cups Milk  
2 tablespoons Sugar

3 slices Stale Bread  
Butter  
Shredded Cocoanut

Butter slices of Canada Bread, put in baking dish. Sprinkle each slice with shredded cocoanut. Make raw custard of eggs, milk and sugar. Pour custard over bread and oven poach until custard is firm.

## FRENCH TOAST

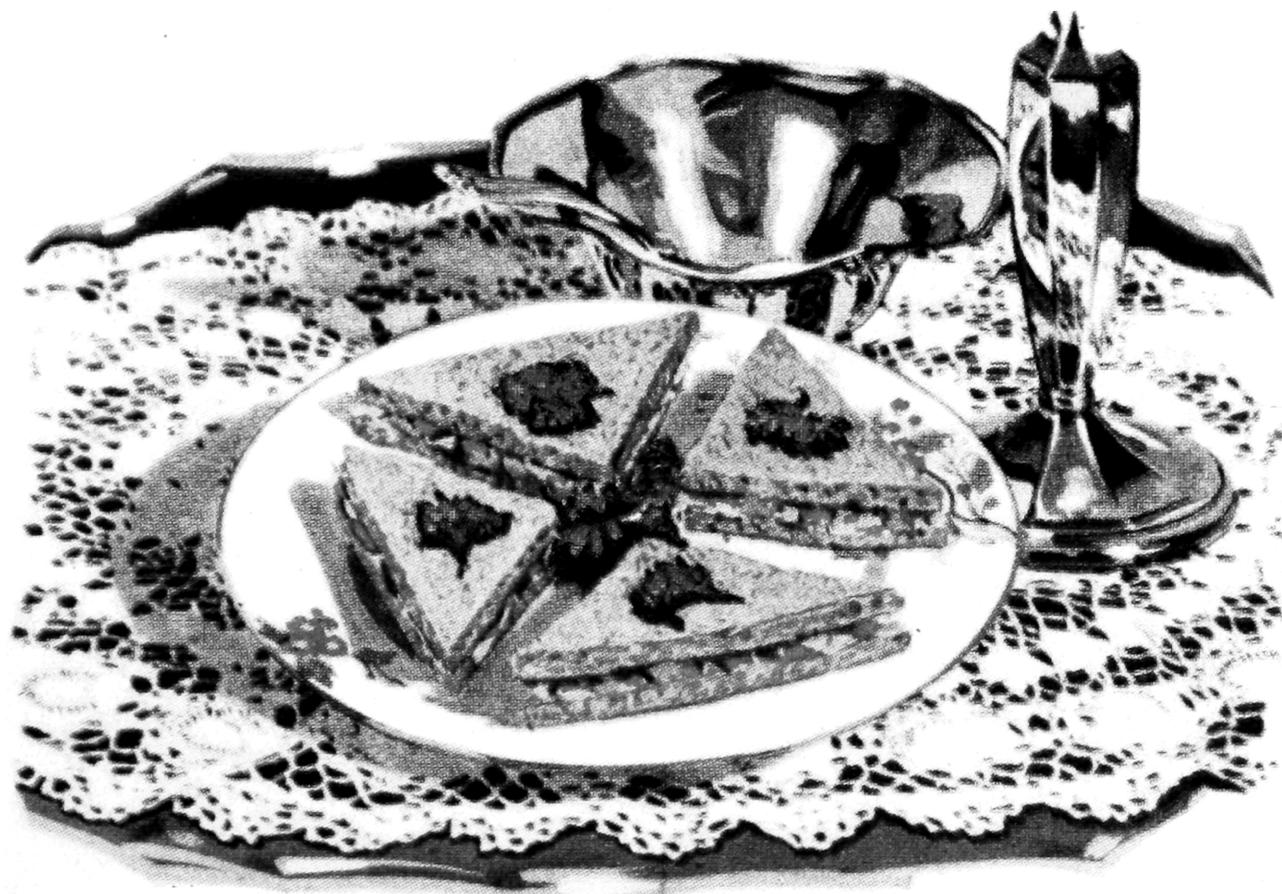
6 or 8 slices of stale Bread	$\frac{1}{4}$ teaspoon Salt
1 Egg	$\frac{3}{4}$ cup Milk
	Butter

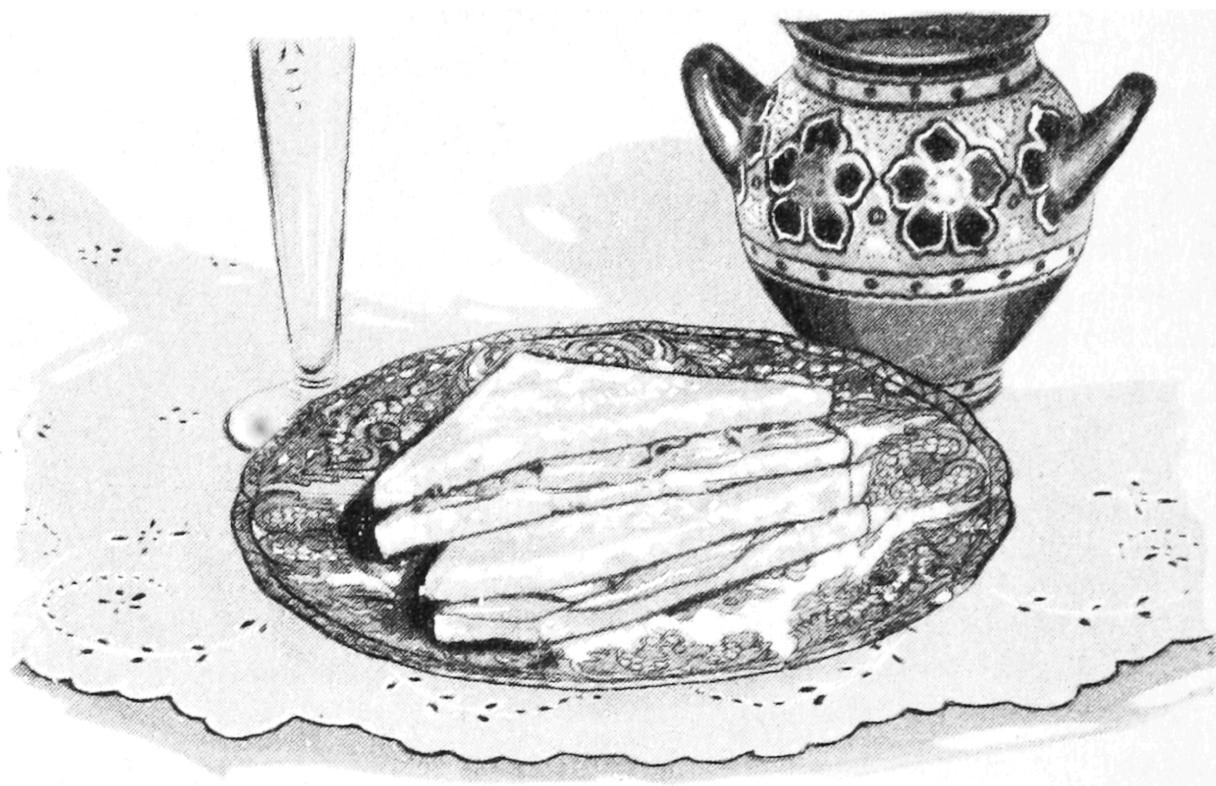
Beat egg slightly, add salt and milk. Heat frying pan, put in piece of butter. Dip Canada Bread quickly into raw custard. Put into frying pan; brown on one side. Place small piece of butter on top; turn the bread and brown on the other side. Serve at once with cinnamon and sugar (1 teaspoon to 1 cup), or a syrup.

## DELICIOUS SANDWICHES

Cream Cheese	2 tablespoonfuls Butter
1 cupful Chopped Walnuts	$\frac{1}{2}$ cupful Chopped Pimientos
$\frac{1}{4}$ cupful Orange Juice	Whole Wheat Bread
$\frac{1}{2}$ teaspoonful Salt	Butter

Cream the cheese and add gradually the butter and orange juice. When well blended add the chopped pimientos, walnuts and salt. Mix well and spread between slices of buttered whole wheat Canada Bread.





## CHICKEN SANDWICHES

Sliced Chicken  
Mayonnaise

Butter

Stuffed Olives  
Bread

On buttered slices of Canada Bread lay thinly sliced chicken. On this spread a mixture of minced olives moistened with mayonnaise. Cover with buttered bread.

## CONCORDIA COMBINATION SANDWICHES

Chicken  
Currant Jelly

Butter

Mayonnaise  
White Bread

Chop cold cooked chicken and mix with mayonnaise, using one-fourth cupful of mayonnaise to each cupful chicken. Use as a filling for sandwiches made of white Canada Bread. Make the same number of sandwiches, similar in size of buttered white Canada Bread spread with currant jelly or any other red, tart, stiff jelly. Serve a chicken and a jelly sandwich together.

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